



## **FIT TUESDAY CLASS DESCRIPTIONS**

**All Classes at 5:45PM on KFC Yum! Center Plaza**

### **June 6 – Dance Fitness**

Instructor: Sonny

Description: Come and get your groove on! Choreographed dance that includes a little hip hop, a little funk, a lot of cardio and a lot of fun.

### **June 13 – Boot Camp**

Instructor: Brittney

Description: Get your heart pumping through a variety of intense cardio and plyometric drills, combined with powerful strength training.

### **June 20 – Insanity**

Instructor: Kerri O'Neal

Description: A revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the stress adaptation response, pushing them to new training heights.

### **June 27 – POUND**

Instructor: Julie Blocher

Description: POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, pilates, isometric movements, isometric poses and plyometrics.

### **July 18 – POUND**

Instructor: Laura Bower

Description: POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, pilates, isometric movements, isometric poses and plyometrics.

### **July 25 – Zumba**

Instructor: Mary Vaughn

Description: A fusion of Latin and international music/dance themes that create a dynamic, exciting workout! Based on interval training, Zumba is a mixture of body sculpting movements and easy-to-follow dance steps.

### **August 1 – Turbokick**

Instructor: Jeana Renner

Description: The hottest athletic-based kickboxing class is sure to give you the ultimate cardio workout that will help decrease fat and reshape your body.

### **August 8 – Zumba**

Instructor: Mary Vaughn

Description: A fusion of Latin and international music/dance themes that create a dynamic, exciting workout! Based on interval training, Zumba is a mixture of body sculpting movements and easy-to-follow dance steps.

### **August 15 – POUND**

Instructor: Julie Blocher

Description: POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, pilates, isometric movements, isometric poses and plyometrics.

### **August 22 – Yoga**

Instructor: Tracey

Description: A 5,000-year-old practice known to build strength, flexibility and balance along with concentration, relaxation and creativity. The mind, body and spirit workout you've been searching for!

### **August 29 – Boot Camp**

Instructor: Britt

Description: Get your heart pumping through a variety of intense cardio and plyometric drills, combined with powerful strength training.